

**Claims:**

This listing of the claims will replace all prior versions, and listings, of claims in the application:

Claim 1 (currently amended): A method of inducing weight loss comprising

in combination, during a period of time

(a) administering one or more servings of one or more calcium-containing products comprising a therapeutically effective amount of calcium in the range of about 745 mg to about 1459 mg per day to an obese individual suffering from at least Grade I obesity, with a BMI value of at least 25.0 and thereby inducing a metabolic change in said individual, and

(b) reducing the caloric intake of said obese individual below ad lib to a range of ~~about~~ more than 1900 ~~200~~ to about 2500 kcal per day,

wherein the individual loses weight during the period of time, and

wherein the individual is a woman and the one or more servings is in the range of about 56 to about 106 servings of dairy per month.

Claims 2-4 (canceled)

Claim 5 (previously presented): The method according to claim 1, comprising administering a calcium-containing dietary supplement, foodstuffs supplemented with calcium, or other foods high in calcium, or combinations thereof.

Claim 6 (previously presented): The method according to claim 5, wherein said calcium is contained in salmon, beans, tofu, spinach, turnip greens, kale, broccoli, milk, yogurt, cheeses, cottage cheese,—frozen yogurt, nutrient supplements, calcium fortified vitamin supplements, or liquids supplemented with calcium, or combinations thereof.

Claims 7- 27 (canceled)

Claim 28 (previously presented): The method according to claim 5, wherein said calcium is contained in a dietary supplement.

Claim 29 (previously presented): The method according to claim 5, wherein said calcium is contained in foodstuffs supplemented with calcium.

Claim 30 (previously presented): The method according to claim 5, wherein said calcium is contained in foods high in calcium.

Claim 31 (previously presented): The method according to claim 6, wherein said calcium is contained in salmon.

Claim 32 (previously presented): The method according to claim 6, wherein said calcium is contained in beans.

Claim 33 (previously presented): The method according to claim 6, wherein said calcium is contained in tofu.

Claim 34 (previously presented): The method according to claim 6, wherein said calcium is contained in spinach.

Claim 35 (previously presented): The method according to claim 6, wherein said calcium is contained in turnip greens.

Claim 36 (previously presented): The method according to claim 6, wherein said calcium is contained in kale.

Claim 37 (previously presented): The method according to claim 6, wherein said calcium is contained in broccoli.

Claims 38-40 (cancelled)

Claim 41 (previously presented): The method according to claim 1, wherein said calcium is contained in milk.

Claim 42 (previously presented): The method according to claim 1, wherein said calcium is contained in yogurt.

Claim 43 (previously presented): The method according to claim 1, wherein said calcium is contained in cheeses.

Claim 44 (previously presented): The method according to claim 1 wherein said calcium is contained in cottage cheese.

Claim 45 (cancelled)

Claim 46 (previously presented): The method according to claim 1, wherein said calcium is contained in frozen yogurt.

Claim 47 (previously presented): The method according to claim 6, wherein said calcium is contained in nutrient supplements.

Claim 48 (previously presented): The method according to claim 6, wherein said calcium is contained in calcium fortified vitamin supplements.

Claim 49 (previously presented): The method according to claim 6, wherein said calcium is contained in liquids supplemented with calcium.

Claim 50 (currently amended): A method of inducing weight loss comprising

in combination, during a period of time:

(a) administering on a daily basis one or more servings of dairy products comprising a sufficient amount of calcium to an obese individual suffering from at least Grade I obesity, with a BMI value of at least 25.0, and thereby inducing a metabolic change in said individual; and

(b) reducing the caloric intake of said obese individual below ad lib to a range of about 200 to about 2500 kcal per day,

wherein the individual is a woman and the individual loses weight during the period of time, and

wherein the sufficient amount is in the range of about 745 mg to about 1459 mg of calcium per day and in the range of about 56 to about 106 servings of dairy per month.

Claim 51 (previously presented): The method according to claim 50, further comprising increasing the metabolic consumption of adipose tissue.

Claim 52 (cancelled).

Claim 53 (previously presented): The method according to claim 1, wherein calcium is administered daily in an amount of about 1,346 mg.

Claim 54 (cancelled)

Claim 55 (previously presented): The method according to claim 50, wherein the dairy product is milk, yogurt, and/or cheese.

Claim 56 (cancelled)

Claim 57 (previously presented): The method according to claim 50, wherein the amount is about 102 servings of dairy per month.

Claim 58 (cancelled)

Claim 59 (previously presented): The method according to claim 50, wherein the individual has Grade II obesity.

Claim 60 (previously presented): The method according to claim 50, wherein the individual has Grade III obesity.

Claim 61 (currently amended): A method of inducing weight loss comprising

in combination, during a period of time:

(a) administering one or more servings of calcium-containing dairy products comprising therapeutically effective amounts of dietary calcium to an obese individual suffering from at least Grade I obesity, with a BMI value of at least 25.0, and thereby inducing a metabolic change in said individual; and

(b) reducing the caloric intake of said obese individual below ad lib to a range of ~~about~~ more than 1900 ~~200~~ to about 2500 kcal per day,

wherein the individual is a woman and the individual loses weight during the period of time, and

wherein the therapeutically effective amount is in the range of about 56 to about 106 servings of dairy per month and in the range of about 745 mg to about 1459 mg calcium per day.

Claim 62 (cancelled): The method according to claim 61, further comprising increasing the amount of dietary calcium to a level in the range of about 773 mg to about 1346 mg per day.

Claim 63-67 (cancelled).



Claim 68 (previously presented):    The method according to claim 1, wherein the amount of calcium is about 1346 mg per day.

Claim 69 (previously presented):    The method according to claim 1, wherein the one or more servings is in the range of about 57 to about 102 servings of dairy per month.

Claim 70 (previously presented):    The method according to claim 1, wherein the one or more servings is in the range of about 57 servings of dairy per month.

Claim 71 (previously presented):    The method according to claim 1, wherein the one or more servings is in the range of about 102 servings of dairy per month.

Claim 72 (previously presented):    The method according to claim 1, wherein the caloric intake is in a range of about 2000 to about 2500 kcal per day.